

OCTOBER 2016

HomeCures^{that}*work!*

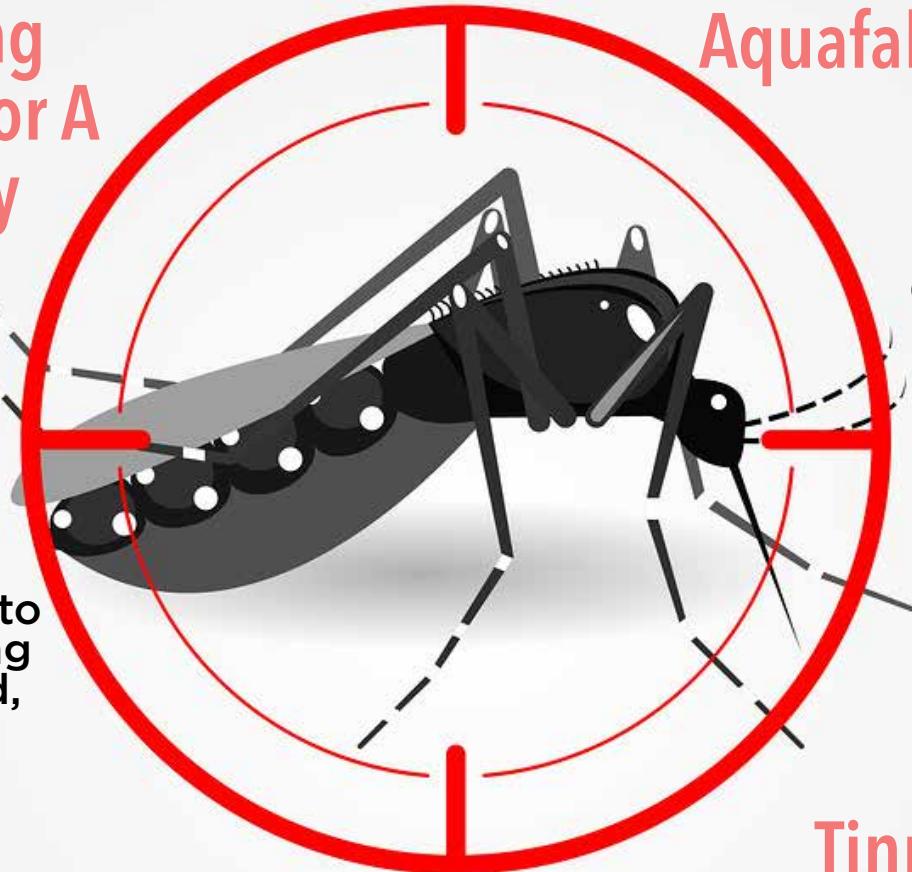
WEIGHT CONTROL • SPIRITUAL WELLNESS • HEALTHY RECIPES • LIVING HEALTHY

Glutamine: Your Building Block for A Healthy Body

May be the ticket to sharpening your mind, alertness and memory

5 Reasons You Need Aquafaba In Your Life Right Now!

Cooking with chickpea liquid is a new trend you'll love



Clear Up Tinnitus with Food

5 tinnitus triggers

⚠️ **ZIKA** virus alert

FACTS

YOU NEED TO KNOW

by Dr. Scott Saunders, M.D.

CONTENTS

HOW TO PROTECT YOURSELF FROM ZIKA Facts you need to know

page 4

7 REASONS YOU NEED AQUAFABA IN YOUR LIFE Cooking with chickpea liquid is a new trend you'll love

page 10

Glutamine A Building Block for a Healthy Body

page 17

CLEAR UP TINNITUS WITH FOOD *page 21*

With the number of Zika cases rising in the U.S., the focus is largely on the birth defects it can cause in children born to pregnant women infected by the virus. But is Zika linked to other life-threatening ailments that put everyone at risk? Because it is now linked to other autoimmune diseases, Dr. Saunders' research article is worth your attention.

Have you ever wondered what glutamine is, and what it does? Glutamine (L-glutamine) is the most abundant amino acid in the body—despite the fact that it's not essential. Amino acids are the building blocks of protein. Glutamine is produced in the muscles and is distributed by the blood to the organs that need it. Glutamine might help gut function, the immune system, and other essential processes in the body, especially in times of stress. Science is now showing that L-glutamine benefits are abundant – and that this amino acid is especially helpful in treating leaky gut and improving your overall health. Find out the benefits of glutamine and whether it might work for you.

Tinnitus is a neurological disorder, and certain foods such as aspartame trigger tinnitus because they are ototoxic to your ears, meaning that they cause damage to your hearing. Vertigo, ear ringing, and ear fullness are all symptoms of tinnitus that can be alleviated by following a tinnitus-friendly diet. Listed are some foods, drinks, and chemicals that may trigger tinnitus and feelings of dizziness.

Have you heard about aquafaba yet? It's the latest biggest thing in the vegan world. The next time you open a can of chickpeas, stop before pouring the brine down the drain because that's aquafaba! Yes, aquafaba is the liquid in canned chickpeas and it actually works as a vegan egg white replacer. Aquafaba can act as an emulsifier, leavening agent and foaming agent because it has properties similar to those of egg whites. That means a new way to make vegan mousse, mayonnaise and meringues. If you haven't tried using aquafaba yet, now is the time to start. Check out our amazing recipes that all use chickpea liquid or as we now call it, aquafaba.

From Aquafaba to Zika, this issue of Home Cures That Work contains powerful information to help you experience vibrant and amazing health.

For your health,

Cheryl Ravey
Editor, Home Cures That Work

LETTER FROM THE EDITOR



ZIKA virus
alert

FACTS YOU NEED TO KNOW

by

DR. SCOTT SAUNDERS, M.D.

HOW TO PROTECT YOURSELF

Last month, Santa Barbara County sent doctors a report of two Zika virus infection cases discovered within our borders. The first was found in a pregnant woman. Since the Zika virus can cause birth defects, doctors are monitoring her closely. Both cases were in people who had traveled to an area where Zika virus has spread. Since I run a travel clinic and counsel people on preventing illnesses as they travel, I have studied a great deal about this new epidemic.

Zika is a virus. Viral infections are not like bacteria. The virus invades our cells and hides from the immune system. The virus then mixes its DNA with ours to take control of the cell and make more viruses.

Generally, a cell fills up with virus particles and breaks open. It then releases millions more of the same virus into our bloodstream to repeat the process with other cells. Since a virus uses our own cell mechanisms to replicate, there is little we can do to stop them. There

are no “antibiotics” to kill them or to prevent a Zika infection. (Technically, they aren’t even living organisms since they have no independent metabolism or reproduction.)

There are some antiviral medications which inhibit the enzymes they force your cells to make. But these only slow the reproduction of the virus, rather than get rid of them. Currently, the most effective way to prevent Zika viral illness is with vaccines to build our immunity against them.

For these reason it is hard to stop a virus like Zika that is spread around the world. We have a very mobile society, where millions of people travel daily to foreign countries. Going around the world in only a few days is not uncommon, so people can bring back all sorts of infections. Moreover, being in cramped quarters on an airplane for many hours may multiply the risks.[1]

The Zika Virus

Zika is a vector-borne virus, which means it is most often injected into the body of a victim by a mosquito. When a female mosquito feeds on the blood of a virus-infected person, she ingests

millions of virus particles. If she then feeds on another person, her saliva injects the virus into the new victim and causes a Zika infection.

The Zika virus isn't only found in the blood. It can be found in other body fluids, and is known to spread by sexual contact. There are also reports of infection by blood products. Zika has been found in blood donors in areas where the virus is endemic. Because many may have a mild form, or have no symptoms at all, the Zika virus can spread by people who don't even know they are infected.[2]

Symptoms of Zika are highly variable. While the majority of victims (four out of five) have no symptoms at all, a few get severe symptoms. Only one in five gets the typical symptoms of fever, joint pain, itchy rash, and bloodshot eyes. Serious Zika infection, or even death, generally only occurs in people debilitated in some other way from cancer, HIV, or genetic disorders.

Zika Virus Symptoms

Only about one in five people infected with Zika become ill. That means four out of five people infected with Zika exhibit no symptoms. If symptoms do occur, they are usually mild and last no more than a few days.

Zika symptoms:

- Fever
- Itchy rash
- Joint pain
- Muscle pain
- Bloodshot eyes
- Neurologic problems
- Neurological diseases

One symptom of the Zika virus shows up in the nervous system. It causes inflammation of the white matter in the brain, similar to Multiple Sclerosis.

The known cases of Zika affecting the brain cause problems with:

- Vision
- Thinking
- Memory
- Motor function

deterioration of the nervous system that gradually destroys the function of both sensory and motor nerves. Because it affects the protective coating around nerve conduction fibers, the longest nerves are the most affected. It usually starts in the feet and progresses up the body. In rare cases, people can die from GBS if it affects the muscles of respiration. GBS is thought to be an autoimmune disease triggered by an infection. Other infections, surgeries, and vaccinations, such as the flu vaccine, have also been known to cause GBS.[3]

There have been only a few deaths for the millions of suspected cases of Zika virus around the world. The

WHILE THE MAJORITY OF VICTIMS (4 OUT OF 5) HAVE NO SYMPTOMS AT ALL, A FEW GET SEVERE SYMPTOMS. ONLY 1 IN 5 GETS THE TYPICAL SYMPTOMS OF FEVER, JOINT PAIN, ITCHY RASH, AND BLOODSHOT EYES.

In other words, it can affect many different functions of the brain. Guillán-Barré syndrome (GBS) seems to be the most common nervous system disorder. GBS is a progressive

incidence rates of Zika cases in Brazil where the 2014-2015 epidemic supposedly began are as follows:

- About 200,000 suspected cases (most have no symptoms)
- 78,000 known cases
- 6 deaths[4]

There has been one death associated with a Zika virus infection in the United States. A man in Utah traveled to an outbreak area and likely contracted the disease there. He had other health problems and the virus was discovered on post-mortem examination in July 2016.[5] All cases of Zika in the United States, except for Puerto Rico and Florida, have been Zika travel related.[6]

definitely affects a fetus during development. Because the virus infects nerve tissue, it causes problems with the developing fetus' brain.

In Brazil, where the outbreak started in 2014, a study from the public hospitals showed most of the babies with microcephaly (small head) had the Zika virus. None of the normal babies had the virus.[7] Interestingly, 80% of the mothers with the affected babies had Zika. But 64% of the mothers with normal babies also tested positive for the virus. Therefore, it's clear that not everyone who gets Zika

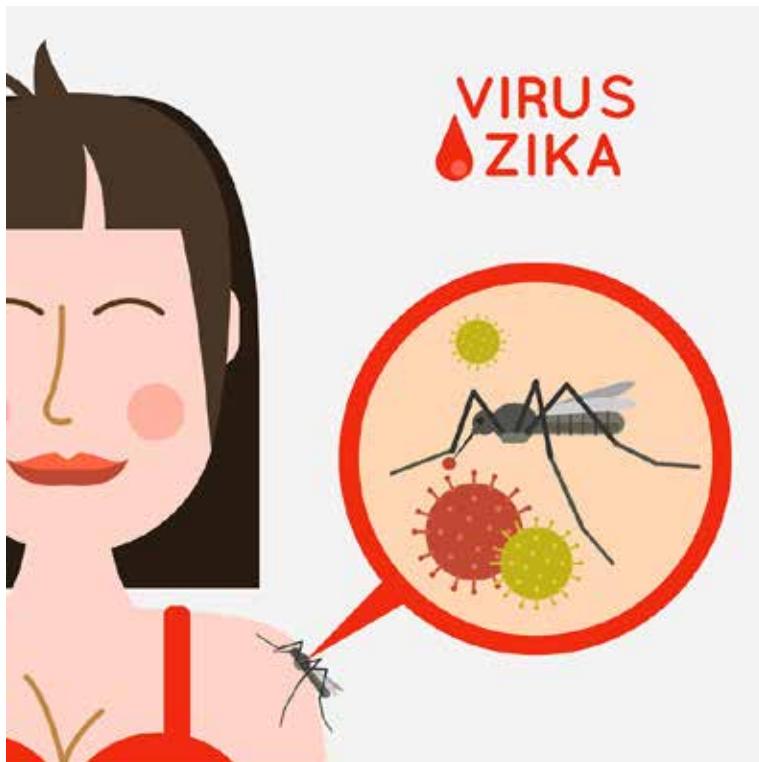
infants infected with Zika during pregnancy is getting longer. Of those pregnant women known to be infected with the virus, 29% were found to have abnormalities on ultrasound. New research is showing many different problems including:

- Stillbirths
- Short limbs
- Club foot
- Developmental delay
- Joint problems
- Seizure disorders

These types of problems are mostly related to the stages of development. Some of these won't show up for months or years after birth. Thus, it could be that even a majority of fetuses are affected in some way by the virus. This is now one of the few viruses known to cause birth defects, and the research is still meager.[8]

How Does the Zika Epidemic Happen?

The Zika virus was first discovered in the Zika forest in Uganda in 1947. It is related to a number of other diseases such as dengue fever, yellow fever, and West Nile Virus. For many years it was primarily located in tropical Africa and Asia, found mostly in monkeys, and occasionally humans. But between 2007 and 2013 it came to the Americas, probably Brazil, and started the epidemic of 2014-2015.[9] Because the populations of that area had



Zika pregnancy problems

Like most adults, pregnant women may have no symptoms. But the Zika virus

infection during pregnancy will have birth defects.

Sadly, the list of problems in

not been exposed to the virus, there was no immunity against it. As a result, the Zika virus spread rapidly and infected many people.

There is no vaccine, and no cure for the illness. There is only prevention or treatment for Zika symptoms once people get the disease. Clearly, prevention of infection is the best defense against Zika.

Protect Yourself from Zika

The virus is found in tropical and sub-tropical areas around the world. While the majority of cases come from mosquitos, there are now a significant number of cases known to have resulted from sexual contact. The virus is found in the body fluids of people with active infections, even when they have no symptoms. For this reason it can be spread unknowingly by people who travel, even if they avoid travel to Zika infected areas.

Preventing mosquito bites is the best way to avoid a primary Zika infection. There are a few preparations that will help. The mosquito that carries the virus is active during the day, but can bite during the night as well. If you are traveling to a tropical or sub-tropical area it is a good idea to use a mosquito repellent. The only two preparations that are known to actually prevent mosquito bites are equally as effective.

- DEET (found in most over-the-counter preparations)
- Lemon Eucalyptus oil is as effective as DEET in warding off mosquitoes[10]

The advantage of DEET-based repellants is that they last longer. The advantage of Lemon Eucalyptus is that it's natural. Follow the directions on the label, and don't be afraid to re-apply them – the active ingredients evaporate over time, so continued protection would include using as directed on exposed areas.

Another way to keep the mosquitos from biting is to wear clothing. Of course, the virus lives in very warm climates so our natural inclination is to wear less. Mosquitos can bite through tight clothing as well. Mosquito nets at night will keep the buggers out of your bed.

Sexual contact and Zika

Besides mosquitos, it's important to consider contact with the infected. Since the infection may last anywhere from a week to several months, anyone with recent travel to a Zika infected area is a possible carrier. There isn't any issue with casual contact, such as shaking hands. However, close contact with body fluids can cause spread of Zika infection. Condoms are often recommended for sexual contact. But there is no evidence that they will actually prevent Zika disease transmission.

Immune system and Zika

What makes the difference between those who have a mild Zika infection and those who get serious nervous system complications? The health of their immune system. It's possible that those who have been exposed to the Zika virus may have antibodies that protect them from further infections. But we cannot be sure. A poorly functioning immune system can allow reactions to the presence of the virus that cause many of the serious neurological problems, or worse symptoms.

Maintaining a healthy immune system is not difficult because it is the same as having good health in general:

- Eat good food and get plenty of nutrition.
- Exercise regularly.
- Avoid toxins, especially sugar (except what comes in fruit).
- Manage stress.
- Get adequate sleep.

SUPPLEMENTS FOR A STRONG IMMUNE SYSTEM

- Vitamin D3 — 50,000 IU per week
- Vitamin A — 5,000 IU per day
- Selenium — 200 mcg per day

Some supplements are important to keep the immune system functioning well, especially for prevention of viral Zika infections. These are good to take all the time, but especially if you'll be traveling.

A good immune system means you will fight off the virus so it won't do any permanent damage. Also, you will be protected long-term from getting another infection (we hope). And, you won't experience inflammatory or autoimmune problems. This is much better than treating the Zika symptoms after you have an Zika infection.

Dr. Saunders' Personal Protection Recommendations for the Zika Virus

I recommend the following for my patients who are traveling:

- Look before you travel. Know if you are at risk, and what the risks are so you can take precautions if needed. The CDC publishes travel advisories for every area of the world on their website (<http://wwwnc.cdc.gov/travel/>).
- Use mosquito protection in all tropical/subtropical areas.
- Be aware of sexual partners who travel to Zika areas.
- Keep your immune system in excellent condition.
- Avoid travel to Zika infected areas if you are or plan to get pregnant.

The purpose of information is not to create fear and make you stay home from your dream vacation, but rather to use the knowledge to protect yourself. If you get sick, ignorance is most definitely not bliss! Be aware, use caution, and your travel will be much more enjoyable.

Sources:[1] <http://jid.oxfordjournals.org/content/195/5/621.full> [2] <http://www.cdc.gov/zika/transmission/> [3] "Guillain-Barré Syndrome Fact Sheet". NIAMS. June 1, 2016. Retrieved 13 August 2016 [4] https://en.wikipedia.org/wiki/2015%E2%80%9316_Zika_virus_epidemic [5] <http://www.usatoday.com/story/news/nation/2016/07/08/1st-death-related-zika-virus-seen-continental-us/86879204/> [6] <http://www.cdc.gov/zika/intheus/florida-update.html> [7] <http://www.nbcnews.com/storyline/zika-virus-outbreak/study-removes-any-doubt-zika-virus-causes-birth-defect-n649536> [8] <http://www.scientificamerican.com/article/list-of-possible-zika-birth-defects-grows-longer/> [9] https://en.wikipedia.org/wiki/Zika_virus [10] <http://www.webmd.com/vitamins-supplements/ingredientmono-1108-lemon%20eucalyptus.aspx?activeingredientid=1108&activeingredientname=lemon%20eucalyptus>



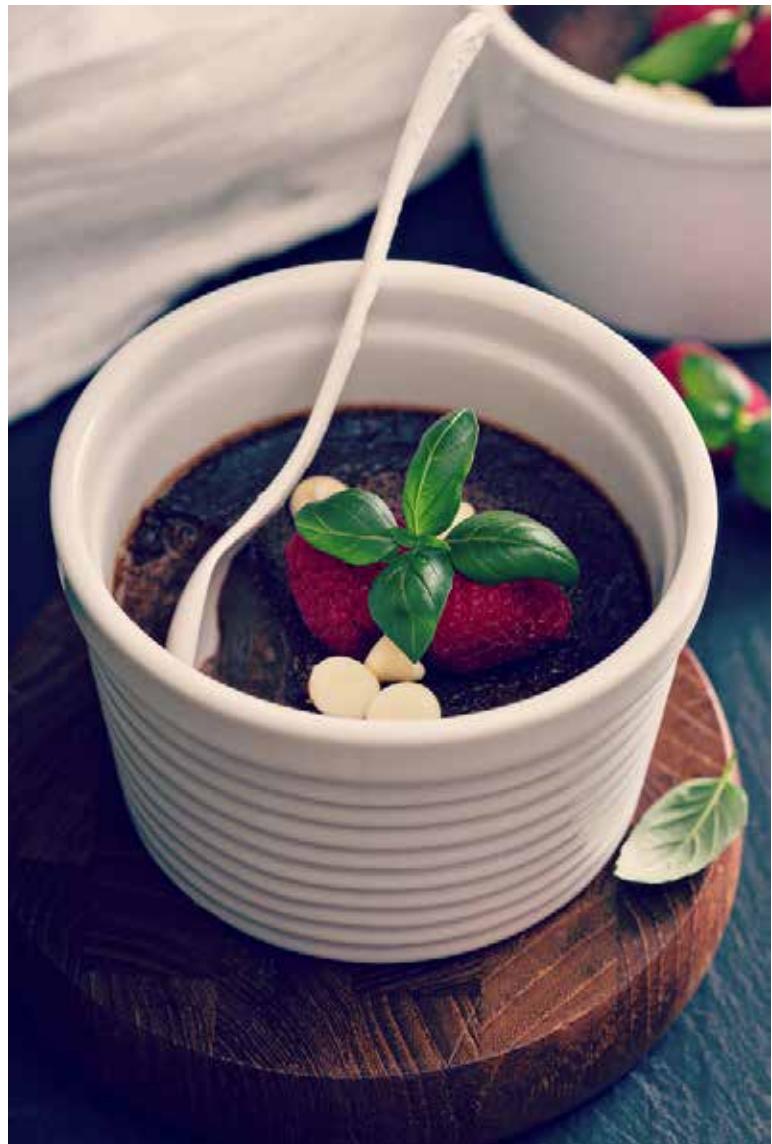
Dr. Scott D. Saunders, M.D. is a practicing physician, specializing in preventative health care, who utilizes eclectic health care for the whole family, including conventional, orthomolecular and natural medicine. He is also the medical director of The Integrative Medical Center of Santa Barbara in Lompoc, CA. He went to UCLA medical school and is board certified in family medicine. View natural remedies with Dr. Saunders at: <http://drsaundersmd.com>

5 Reasons You Need Aquafaba In Your Life Right Now!

by Jeffrey Saunders

Cooking with Chickpea Liquid is A New Trend You'll Love

After 7,500 years lurking in salads... or mashed into a spread for pita, the chickpea has finally revealed its unique power. This power sets it apart from the rest of its family of legumes. It's the liquid —chickpea water—called aquafaba. Just 3 tablespoons of this golden chickpea liquid is all it takes to outperform 1 mighty egg.



You can count on this nutrient-dense food to deliver if you want to:

- Get stronger
- Boost your immune system
- Think faster
- Detoxify
- Lose inches around your waist

Just a few simple changes, like adding aquafaba into your diet, can help you:

- Put that youthful glow back in your complexion
- Thicken your hair, and bring back the shine again
- Get out of bed without feeling stiff or achy
- Put your clothes on without feeling bloated
- Go for a walk without running out of breath

But to fully understand this awesome discovery in all its glory, you have to ask yourself...

Who's in your Village?

We all have a drive to survive. The survival of our ancestral tribes depended largely on the wisdom and strength of its members. This meant having a great deal of trust and faith in one another. In modern times, we interpret this to mean following the doctor's orders to swallow prescription drugs when we're sick.

These drugs are supposed to improve our quality of life, thus, perpetuating our survival.

After all, don't modern conveniences like prescription medications and frozen dinners save us time and add quality to our busy lives? Of course the answer is a resounding "NO." But we eat processed and packaged food anyway, because of their convenience. Sure we know about red dye #7, the additives, preservatives, and sugars they shove in to make them more appealing.

But I'm going to introduce you to a different tribe... a village of folks who understand the importance of excellent health in a way that may shock you... but in the end, you're going to thank me.

First let me explain something. You see...

Numbers Don't Lie

With science, data trumps human intuition. Science demonstrates that things aren't always as they appear. For example, research reveals that chronic illness is directly related to the type and amount of food you consume.

The numbers also indicate that 9 out of 10 people with a chronic illness will die from the drug treatments they receive rather than from the disease itself.

A significant study in Finland revealed that changing to a plant-based diet was effective in:

- Lowering plasma cholesterol
- Lower blood pressure levels
- Improving cardiovascular health

This study showed that heart disease is not inevitable and that the disease's roots are lifestyle related. But trying to halt the progression of cardiovascular disease with medications such as antilipids

and hypotensive drugs is ineffective. You could say...

The Proof is in the Pudding

Enter the golden chickpea liquid. The chickpea, and its liquid called aquafaba, contains saponins that provide long-lasting soft peaks for mousses and meringues. But the true power lies in their ability to react with cholesterol in blood plasma. Saponins prevent cholesterol from being absorbed into your blood. As a result, they lower your risk of coronary artery disease. And saponins can kill cancerous tumor cells by deactivating the nucleus. Phytochemicals like these are powerful antioxidants that protect us from environmental pollutants in the air we breathe and the foods we eat. Without them we are as vulnerable as our planet is without the ozone layer.

For some time we have known that certain plants have saponins that foam up when mixed with water. Plants like soapwort and Yucca root produce a rich lather used in soaps, shampoos and other detergents. But this class of plants is also known for their potential toxicity and bitter taste. Making meringue out of their phytochemicals would be a bitter experience. Further studies on a wide range of edible plants

revealed phytochemicals with powerful health benefits that had foaming properties and were mild tasting.

This opened the floodgate to trial and error. Health-conscious culinary enthusiasts began their quest to find a more organic approach to preparing our favorite foods. We needed taste. We craved texture. And we love the aromas that captivate our senses.

In short, we needed the perfect plant-based way to high-peaking meringue, thick soups and gravy and with the binding power of gluten—but without the gluten.

We needed all this without the slimy, lumpy, hydrogenated tastes and textures associated with the byproducts from protein isolates in egg whites and egg replacers.

And let me tell you...

When “Word of Mouth” teams up with the World Wide Web amazing things unfold

After nearly 4 decades, the quest to find a plant-based egg replacement came to pass in February 2015 with a thread of serendipity and a dash of insight. The news was intercepted from a woman in Indianapolis who mentioned to her husband that she had seen an interesting blog about

cooking without eggs on www.revolutionvegetale.com written by Joel Roessel, a freelance surgeon from France.

As fate would have it, the news landed in the hands of Mr. Goose Wohlt, an American software engineer, vegan, and author of Goose’s Vegan Cookery (no foul jokes, please). Thus, he began to harness the power of this perfectly “saponified” chickpea. He found that when soaked and cooked in water, chickpeas release a golden broth that will emulsify, stabilize, fluff, aerate and hydrate. This golden broth does this all while delivering a health shield of key nutrients and phytochemicals that reduce your risk of chronic disease.

The chickpea accomplishes all this in the form of pure decadence. Whether you have a sensitive constitution or a slight penchant for food with culinary flare, you will be stunned by its versatility. The almighty unassuming chickpea became the winner at surpassing the egg white and all of its culinary potential.

In our world of meatless, meat-looking substitutes...

How Does a Veggie Blog Create Bliss Among Vegetarians?
So glad you asked!

Within a month, a virtual

community was born of a single blog. There are now 50,000 contributing members in this Facebook group, Vegan Meringues - Hits and Misses!

You see, our inherent desire to feel connected to others fuels this movement. It’s the perfect opportunity to be part of an exciting journey that satisfies on 2 distinct levels:

Our need to belong and connect with people and possibly cultures around the world.

A person’s desire to be healthier and move away from animal proteins and the gristle and fat and meat-born illnesses that come from them.

By joining in you’ll see what usually interesting and always healthy concoctions people are cooking up in faraway places, such as France, Wales, Australia, Ethiopia, and Denmark.

In these exclusive groups, you can try the recipes, give your feedback, ask questions, test new ideas and get feedback from others.

I call it a “living laboratory” that’s in the midst of researching and developing a paradigm shift that offers the hope of happiness and awareness to safeguard us from chronic illness.

Watch the Chickpea Liquid Transform and Perform its Magic

There are 3 reactions involved in this process:

- The whipping unfolds the proteins.
- They then bend to form new bonds trapping air bubbles in the process.
- Dissolved starch holds the bubbles together and saponins act as an emulsifier, like fruit cocktail suspended in Jello.

Three crucial steps:



1

Drain a can of room temperature chickpeas, retaining the bean liquid, or aquafaba. Heat and reduce the aquafaba. Simmering removes excess water and creates a thick foam when mixing.

2

In a bowl (we used a Kitchen Aid, but any mixer will do), mix aquafaba on med/low to trap the most air bubbles and yield the highest peaks, making it light and fluffy. You'll see!

3

Don't forget the potassium bitartrate (cream of tartar). It preserves its shape during the cooking process. Keep the temperature to 120F or less. Otherwise, it will quickly shrink like a deflating bounce house. Initially, it's pretty cool to see, but the rest is anticlimactic.

Vegan Chocolate Mousse

Ingredients:

- 1 cup aquafaba (room temp)
- 1/8 tsp cream of tarter
- 1 tbsp. coconut sugar
- 1/2 tsp vanilla extract
- 6 oz. dark chocolate

Directions:

1. Melt the chocolate carefully so it doesn't burn. Remove it from the heat.
2. In a separate bowl, start mixing the aquafaba and cream of tartar on medium speed until soft peaks form. (5-15 min)
3. Add coconut sugar and vanilla and whisk for another minute.
4. Drizzle in chocolate and gently fold into meringue.
5. Pour into glasses and chill for 4 hours.
6. Garnish as desired.

Chickpea Chocolate Ganache Cake

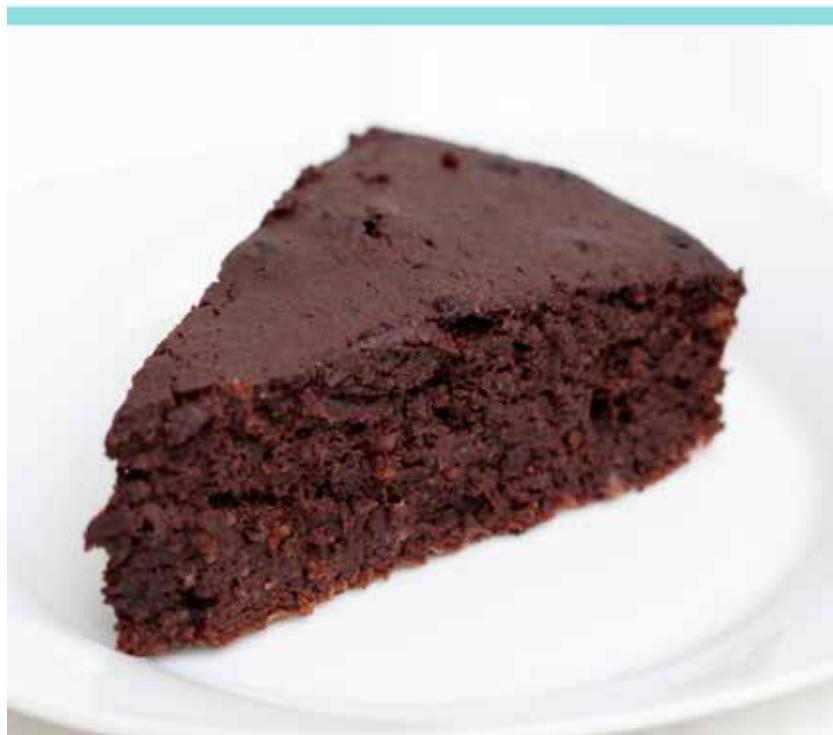
Ingredients:

- 2 tbsp. flax meal
- 1/2 cup almond milk
- 2 tsp apple cider vinegar
- 1 cup of chickpeas
- 1/3 cup cacao powder
- 6 tbsp. aquafaba
- 1/2 cup rice flour
- 1 tsp baking soda
- Pinch of salt

THE PERFECT VEGAN DESSERT

Chickpea Chocolate Ganache Cake

homecuresthatwork.com



Directions

1. Preheat oven to 325F.
2. Line pan with parchment paper.
3. In small bowl combine aquafaba and flax meal; allow 5 minutes to thicken.
4. In a separate bowl combine almond milk and vinegar cup coconut sugar mix and allow to curdle.
5. In a large bowl, combine coconut sugar, rice flour, cacao powder, baking soda and salt.
6. Add aquafaba mixture and almond milk mixture to dry ingredients and mix until smooth.
7. Bake for 30-40 minutes until toothpick in the center comes out clean.

Go to gretchensbakery.com for a rich delicious Vegan Swiss Buttercream Recipe.

The Health Benefits of One Piece of Cake

Imagine a piece of moist dark chocolate cake filled with creamy ganache and topped with a light and airy mousse.

Go on... take a bite. It's sprinkled with cinnamon and topped with fresh blueberries. You just took in 50% of your daily dietary fiber and lowered your cholesterol with every bite!

It's a rich taste that nourishes your body by delivering nutrient-dense food for long lasting energy too...

Observe:

- The selenium prevents inflammation and improves liver function.
- Folate repairs DNA and prevents cancer cells from forming.
- Choline helps you sleep, repair and build muscle tissue, improve memory by speeding up neurotransmission. Choline also helps the cell membrane with the absorption of fats and reduces inflammation.
- B6 helps regulate hormonal function, which helps you feel happy, repairs kidney function and helps alleviate carpal tunnel syndrome and more.
- Manganese will create enzymes needed to build and maintain healthy bones, lowering your risk of osteoporosis, as well as increasing your metabolism, so you can stay lean.
- Potassium enhances electrolyte function, necessary to keep all organ systems working together.
- It rehydrates your body while replenishing your calcium channels, helping your muscles to contract, sharpening your thinking by speeding up neuro transmission and keeping your hormones in check.
- You will supply your body with essential amino acids that you need to build muscle, and speed up your metabolism.

Need Mayonnaise? Make Some Fabanaise.

Check out Sir Kensington's mayo recipe! What's the allure of veganism? If you don't believe your eyes then just listen to your taste buds!

Fabanaise Phase 1:

Mix these ingredients together in an immersion blender:

- 1/4 cup aquafaba
- 1 tsp white vinegar
- 1/2 tsp fine salt
- 1/2 tsp sugar
- 1 tsp lemon juice
- 2 tsp dry mustard

Fabanaise Phase 2:

1. While blending, slowly drizzle 3/4 cup of sunflower oil in a thin stream.
2. Blend at high speed for 3-4 minutes.
3. As it emulsifies it will thicken.
4. Stop blending when it reaches the consistency of mayonnaise.

Voila! You have fabanaise!

As we've observed in Home Cures That Work on many occasions...

Hippocrates once said, "Let food be your medicine and medicine be your food..."

If the "Big Idea" behind food is that we eat to feel good, then living in a culture that goes to great lengths in manipulating nature's simplest is a double-edged sword.

Adding chemicals, enriching products by removing live grains, and adding corn syrup exhausts our insulin supplies, saps our energy, and leads to chronic health disorders.

It's no wonder we can get confused about what and what not to eat and why we have to take probiotics and enzymes and fiber capsules if we want wellbeing.

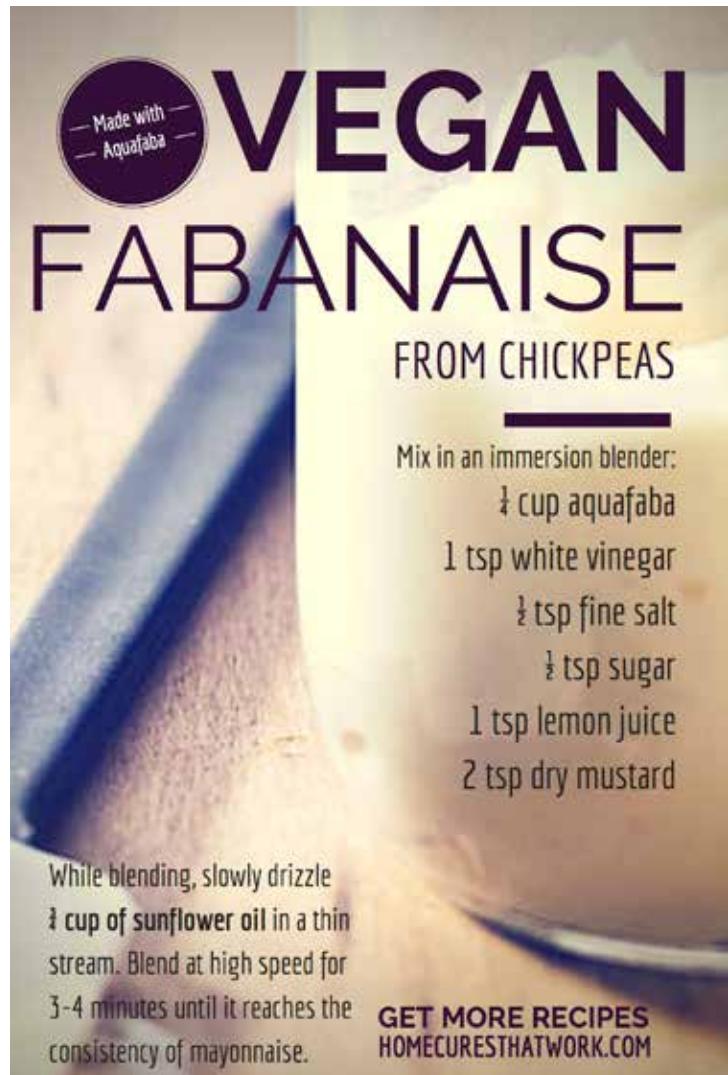
No matter where we are in our lifespan, knowledge is strength and power. And that knowledge is best acquired in joining a number of like-minded folks.

Check out Aquafaba.com and see the staggering numbers of bloggers across the globe helping each other shift old habits, adopt new ones, and share ideas so we can break free from the dangerous mindset that food is food... and it doesn't matter what we eat.

As I said, this is a real-time research and development, a living laboratory of epic consequence for our lives. It's fueled by enthusiasm, care, empathy, and was set up to nurture our very heart and soul. It shines as an example that the interconnectedness of humanity can work just as it did for the survival of our ancestral tribes... and it can all start with a simple chickpea. Delicious, versatile, and nutritious... packed with good Karma.

Sources:

New World Encyclopedia.org Chickpea Nutrition.UCDavis.edu/Phytochemicals Food Chemistry vol 7, issue 1, July 1981, 19-40 Food Research International www.organicfacts.net/healthbenefits www.nutritiondata.self.com Daily Values for Food Labels, courtesy of FDA Aquafaba nutrition analysis courtesy Aquafaba.com Facebook.com Vegan meringue RevolutionVegetale.com Cooking New York Times.com Todays Dietician, vol 14 No 12, Pg 32-50 Cancer: fighting cancer with what you eat, Nematian, Elika, Nutrition 411, Oct 2013



**VEGAN
FABANAISE**
FROM CHICKPEAS

Mix in an immersion blender:

- $\frac{1}{2}$ cup aquafaba
- 1 tsp white vinegar
- $\frac{1}{2}$ tsp fine salt
- $\frac{1}{2}$ tsp sugar
- 1 tsp lemon juice
- 2 tsp dry mustard

While blending, slowly drizzle $\frac{1}{2}$ cup of sunflower oil in a thin stream. Blend at high speed for 3-4 minutes until it reaches the consistency of mayonnaise.

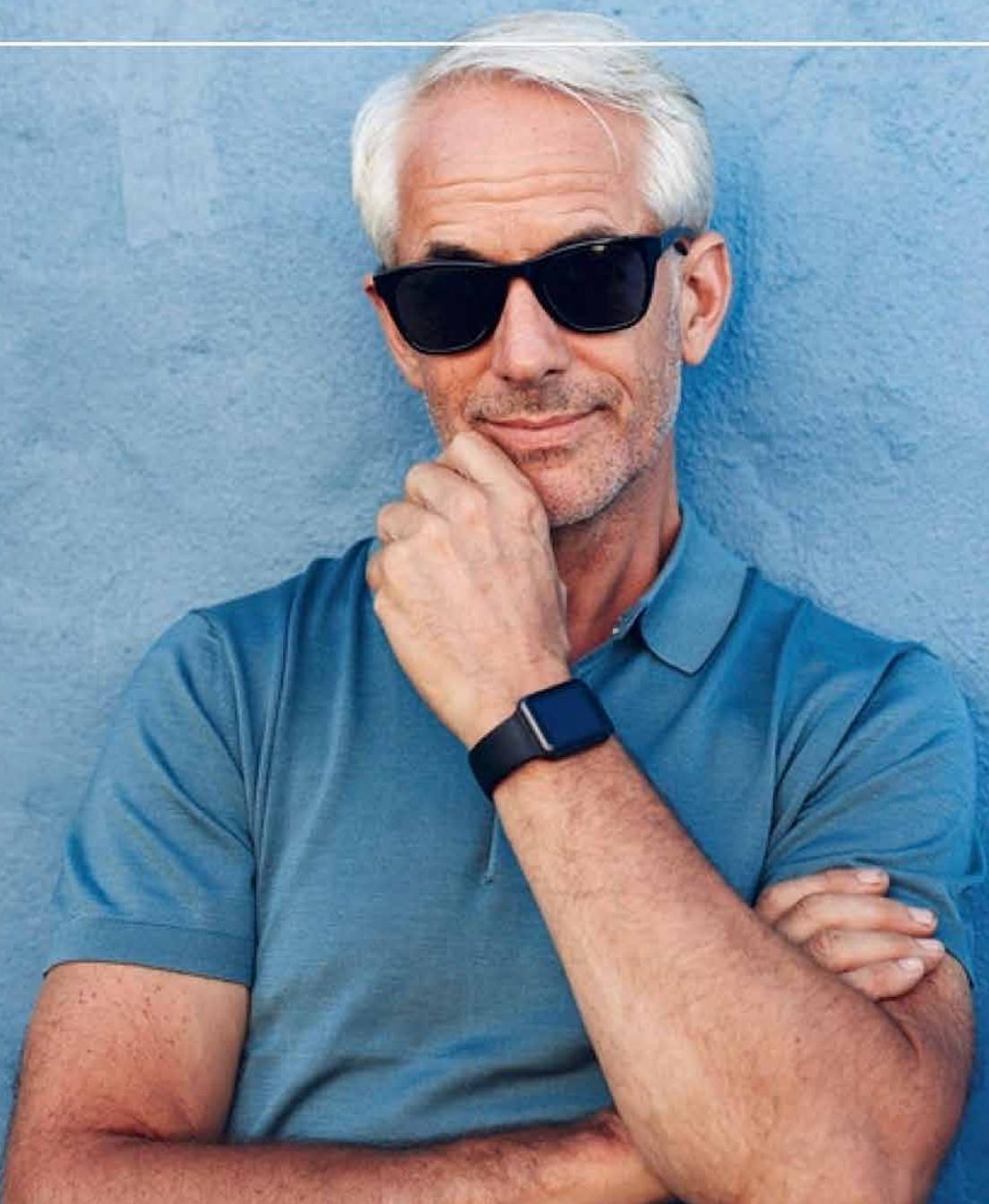
GET MORE RECIPES
HOMEcuresthatwork.com

Recipes

www.crazyvegankitchen.com
www.mycocosugar.com

GLUTAMINE

MAY BE THE TICKET TO
SHARPENING YOUR
FOCUS, ALERTNESS AND
MEMORY



What do cancer treatment, extreme sports and stress all have in common? They all deplete the glutamine in your body compromising your immune system and your health.

Glutamine, or L-glutamine, is the most abundant amino acid in your body comprising as much as 61% of your skeletal tissue.[1] Amino acids are the building blocks of proteins and vital to human health. And your body needs this particular amino acid in large amounts.

- Your immune cells gobble up glutamine as fuel.
- Your body can use the glutamine in the muscles to synthesize protein and build muscle mass.
- Your brain uses it to help you think, feel, and move through life.
- Your small intestines are dependent on glutamine to support the regeneration and repair of cells lining the intestinal wall. [2]

Essentially, glutamine is required for muscle growth, brain health, and the integrity of your gut, which profoundly impacts your immune system. Increased glutamine levels are thought to allow more of your body's processes to run as scheduled, even in times of injury, overwork, or stress.

Under ideal circumstances your body can produce all the glutamine you need from what you eat. But few people eat in a way that provides the necessary glutamine. Additionally, cancer treatment, physical trauma due to injury or surgery, prolonged physical exertion and even heavy stress can drastically reduce the amount of glutamine in your body.

Low levels of glutamine in your body especially impact your digestive system. Normally, your gut should serve your body as the primary defense against disease. But without the glutamine it needs, your gut can become a gateway for infections and autoimmune diseases.[3]

Leaky Gut Syndrome

Have you ever wondered why there's been such a sharp rise in allergies and autoimmune diseases in recent years? Millions of Americans suffer with leaky gut syndrome today. And we now know that leaky gut syndrome is the primary culprit behind almost all of these autoimmune diseases.[4], [5]

Some of these autoimmune diseases include:[6]

- Lupus
- Alopecia areata
- Rheumatoid arthritis
- Polymyalgia rheumatic
- Multiple sclerosis
- Fibromyalgia
- Chronic fatigue syndrome
- Thyroiditis
- Crohn's disease
- Ulcerative colitis
- Hives
- Raynaud's syndrome
- And others

Inflammation in the cells of the intestines results in abnormally large gaps in the lining of the intestines. These gaps allow the gut to "leak" toxins into the bloodstream that your body would normally eliminate. We could compare this to your septic system leaking sewage into your drinking water! No wonder you get sick!

Glutamine is the primary fuel source for cells in your small intestine. So it comes as no surprise that glutamine has been shown to repair leaky gut syndrome in clinical studies.[7] In fact, if you have any kind of inflammatory bowel disease such as Crohn's, colitis, diverticulosis, diverticulitis, Hashimoto's,

or issues associated with leaky gut syndrome, supplementing with glutamine may be one of the best things you can do for your health.[8]

Other Benefits of Glutamine

As mentioned above, injuries, surgery, cancer treatment (chemotherapy), extreme physical exertion, and plain old stress can deplete your body's level of glutamine.

Following any of these episodes, your body is more susceptible to disease and infection. If you're experiencing any of these traumas to the body, a glutamine supplement may help you get your health back on track.[9]

Burn victims and cancer patients undergoing chemotherapy are especially finding relief through supplementation with glutamine.[10]

Many athletes and bodybuilders supplement with glutamine because it promotes speedy recovery, and enhances muscle repair and growth. Glutamine also assists in the release of Human Growth Hormone (HGH), which increases the metabolism and reduces fat.[11]

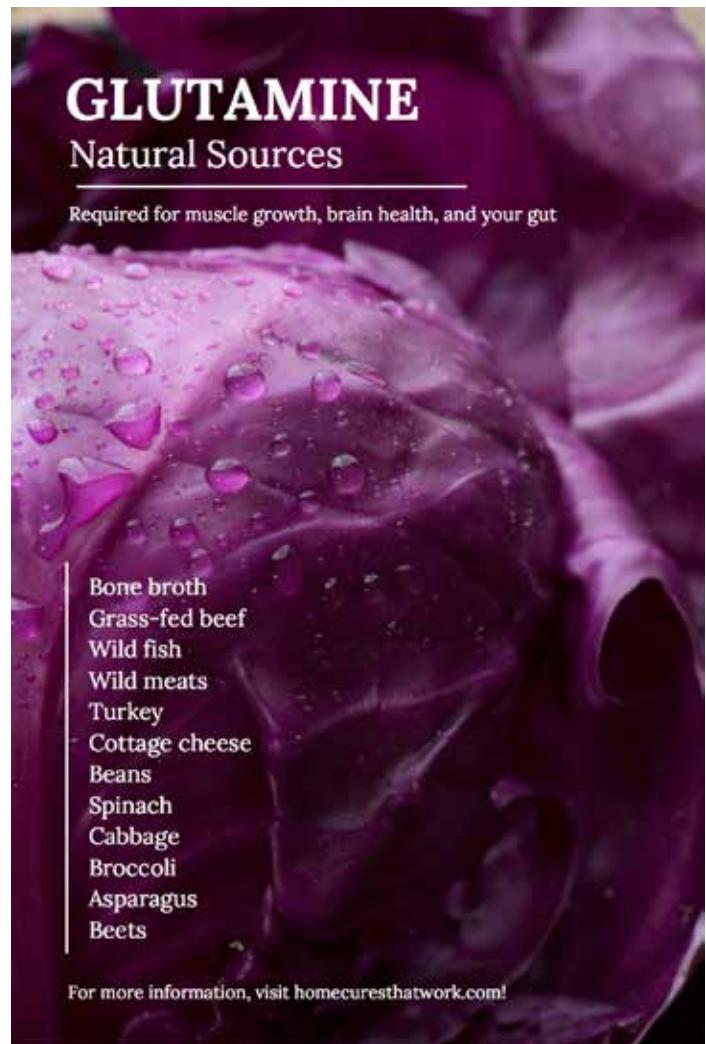
Glutamine can also improve brain function and calm anxiety and stress. The importance of glutamine in the brain is seen from the fact that glutamine is 10 to 15 times more prevalent in the brain than in the blood. Taking glutamine may be the ticket to sharpening your focus, alertness and memory.[12]

Increase Your Glutamine Intake Naturally

Notice that we're talking about eating right before we talk about supplementation. Too many people think they can continue poor eating habits and simply take a pill or supplement to offset their bad habits. That's like building a nice house on a bad foundation. So let's start with really healthy foods.

The recommended minimum daily allowance of glutamine is 10g. Under certain circumstances higher doses up to 40g per day are taken.

Glutamine is abundant in animal proteins: meats, fish, and dairy as well as many vegetables.



Some great sources of glutamine include:[13]

Supplementing with Glutamine

It's best to get your vitamins, nutrients and minerals naturally through your food. Unfortunately, most people do not get enough glutamine from their diet. Therefore, supplementing with glutamine can help boost your immune system and overall health.

There are two types of glutamine supplements: glutamine peptides and L-glutamine.

Glutamine peptides are bonded with other amino acids, are more stable and your body can assimilate them more easily.

L-glutamine is not bonded to other amino acids and is therefore called “free form.”[14]

Glutamine supplements are also manufactured in two ways: synthetically and via fermentation of vegetable matter (the real thing). We recommend taking real glutamine.

Finally, glutamine comes in two forms: a tasteless powder that can be added to shakes and smoothies, or capsules.

To sum up, you’re looking for glutamine obtained via fermentation in powder or capsule form. Most sources recommend taking between 2 and 5 grams of the supplement twice daily: once in the morning and again at night.[15]

Many of the glutamine supplements cater to athletes, so if you’re not an athlete don’t be put off by the packaging and advertising hype! The top two rated glutamine supplements happen to be manufactured by the same company. One is a powder, the other capsules.

- **Glutamine Powder by Kaged Muscle.** (I warned you about the marketing hype!) This is 100% pure, vegetable fermentation, GRAS approved, made in the USA. This product rated 9.7 out of 10 with 136 reviews. It costs

\$14.99 for 300 grams (60 servings).

(GRAS approved means, “Generally Recognized As Safe” by the American Food and Drug Administration.)

- **Glutamine Capsules by Kaged Muscle** is also rated very high with the same quality standards as the powder form. One dose equals 1.45 grams of glutamine. A \$13.99 bottle contains 250 capsules or a little over a two-month supply.

If you suffer from leaky gut syndrome, have any other digestive disorder, or suspect that your glutamine levels might be low, why not try a glutamine supplement for a couple of months and see what happens. Also, don’t forget to eat plenty of those foods that naturally contain glutamine.

Sources: [1] L-Glutamine Benefits, nd, <http://www.l-glutaminebenefits.com/>. [2] Dr. Josh Axe, “L-Glutamine Benefits,” nd, <https://draxe.com/l-glutamine-benefits-side-effects-dosage/>. [3] L-Glutamine, nd, <http://aminoacidstudies.org/l-glutamine/>. [4] Dr. Josh Axe [5] Dr. Jill Carnahan, MD, “Leaky Gut – The Syndrome Linked to Many Autoimmune Diseases,” Dr. Jill, July 7, 2014, <http://www.jillcarnahan.com/2014/07/07/leaky-gut-syndrome-linked-many-autoimmune-diseases/>. [6] Dr. Jill Carnahan, MD. [7] Dr. Josh Axe. [8] Dr. Josh Axe. [9] L-Glutamine. [10] WebMD, “Glutamine,” nd, <http://www.webmd.com/vitamins-supplements/ingredientmono-878-glutamine.aspx?activeingredientid=878&>. [11] L-Glutamine Benefits. [12] L-Glutamine Benefits. [13] Dr. Josh Axe. [14] Lisa Freedman, “Glutamine,” Men’s Fitness, nd, <http://www.mensfitness.com/nutrition/supplements/glutamine>. [15] Dr. Josh Axe.



Rob Fischer has been writing professionally for over 35 years. His experience includes ghostwriting, creating curricula, study guides, articles, blogs, newsletters, manuals, workbooks, and training courses. He has written over a dozen books and serves as an editor for a nationally known copywriter.

I have some great news for those who suffer with that annoying buzzing or ringing in the ears.

Clearing Up Tinnitus Really Can Be As Simple As Eliminating Certain Foods!

Millions of Americans are plagued by tinnitus, but most do not recognize a direct connection between their affliction and the foods they eat. Some of the most common food or additive culprits that trigger tinnitus are...

by Amanda Box



5 Tinnitus
Food
Triggers

No. 1

MSG

Monosodium Glutamate (MSG) is a flavor enhancer common in most processed foods and a staple in oriental foods. It is an excitotoxin, which causes neurons in the brain to “excite” until their death. Putting it plainly, MSG kills neurons in your brain. MSG is also tied to migraine headaches and allergic reactions.

2

ARTIFICIAL SWEETENERS

The artificial sweetener aspartame (Nutrasweet or Equal) acts nearly identical to MSG in the brain. Aspartame is also an excitotoxin, speeding neurons to their death. Other chemical-based sweeteners like saccharin (Sweet and Low) and sucralose (Splenda) can also cause allergic responses that can result in tinnitus, plus a whole host of other health issues.



3

SUGAR

Refined sugar is an obvious contributor to high blood sugar levels in the body. According to a 1984 study (1), 82% of the study participants with inner ear problems also had elevated blood sugar levels. Other studies have shown that 84% to 92% of those who suffer with tinnitus also have a disorder called hyperinsulinemia (2). Hyperinsulinemia is also known as prediabetes or insulin resistance. It is typically caused by a heavy daily intake of carbohydrates and sugar.

Avoid sugar at all costs if you having ringing in the ear!

No. 4

CAFFEINE

Caffeine's principal problem with regard to tinnitus is the restriction of blood flow and elevated blood pressure. Most doctors recommend limiting your caffeine intake as a general rule anyway.

In the case of tinnitus, caffeine can reduce the flow of blood to the head and ears – constricting the capillaries and aggravating your symptoms.

5

HYDROGENATED OILS

These unnaturally saturated fats increase cholesterol deposits in the arteries. These deposits inhibit blood flow, setting the stage for tinnitus. Adequate blood flow maintains healthy cells and removes toxins from the inner ear.

The Plague of Oriental Foods

I really enjoy oriental food. Whether it is Chinese, Thai, Korean, or Vietnamese - I love it all. Unfortunately, most oriental food contains at least one of the above listed "tinnitus-causing" ingredients.

Years ago I spent 2 summer months in Thailand. I can still recall the sites and the wonderful smells of the street foods, which I adored. Many of those that traveled with me would hit up the local McDonalds or KFC (Yes, they have McD's and KFC in Thailand. Crazy!) Not me! I became addicted to trying all the different exotic foods available. I noticed, however, that I was getting frequent dull headaches. I would also hear "noise" whenever I was in a silent room. I attributed it to the stress of traveling and adjusting to a new time zone. But, there was another contributing factor I was unaware of at the time.

While in Thailand, Som Tom was my all time favorite dish. I ate it nearly every day. It was a green papaya salad that had a salty, sweet and

sour dressing with a kick of Thai pepper. They make the salad fresh each order in a mortar and pestle. I wanted to be able to replicate it when I returned to the States so I began to observe how they made it. I recognized all the ingredients except a white powder they sprinkled in at the end. I knew it wasn't salt, so I asked my Thai friend what it was. She said it was a special spice that made all food taste better. It was at that moment that I realized it was MSG. From then on, I had them leave the "special spice" out. They believe it is harmless and always looked confused by my request, but I knew better.

It wasn't long before the headaches and the tinnitus ringing stopped. I took note of the correlation and have never knowingly consumed MSG since.

Thankfully, my reaction to MSG was mild compared to most. But, I still go out of my way to avoid MSG. The best way to do that is by preparing my own oriental dishes rather than eating out.

I am going to share with you my two favorite oriental recipes.

The first is a version of Som Tom, my favorite dish from Thailand. Som Tom traditionally contains green papaya (unripened papaya), but it is very hard to come by. If you're lucky enough to find it, then by all means use it. I use cucumber instead because it has a similar texture and you can buy it anywhere.

Som Tom is very good for you. My Thai friend Joy would always say that it makes you "slim." This is because it contains virtually no carbohydrates, no fat and has very few calories. You can even make it "sugar free" by substituting stevia for the sucanat.

My husband begs for the Korean Lettuce Wraps and Pineapple Salsa. It's a great dish for men because they typically want their portion of meat. Since the marinade is made from scratch, there are no hidden tinnitus triggers like MSG or refined sugar. Sesame oil adds such a great flavor and is a healthy unsaturated fat.

Also, there are three parts to this recipe: preparing the Korean BBQ beef, then the pineapple salsa to go with it, and finally wrapping it all together with lettuce leaves. If you choose to include steamed rice in this dish, you'll want to prepare it beforehand as well.

Thai Cucumber Salad

Ingredients:

- 2 cups of shredded cucumber or green papaya
- ½ cup of shredded carrots
- 5 cherry tomatoes cut into halves
- 1 clove of garlic minced
- 1 lime juiced
- 1 ½ tbsp fish sauce
- 1 ½ tbsp sucanat (for sugar free use 1/2 packet of Nu Naturals stevia)
- 1 Thai chili chopped (less or none according to taste)
- 2 tbsp of peanuts (optional)

Directions:

1. Mix the lime juice, fish sauce, sucanat (or stevia), chilies, and garlic in a bowl. Although traditionally made with a mortar and pestle, you can mash the garlic and chilies with a fork to release their flavor.
2. Now add the shredded cucumber, carrots and tomatoes. Toss well. Top with the peanuts and serve.



Korean Lettuce Wraps with Pineapple Salsa

Korean BBQ Beef

Ingredients:

- 1/2 cup of Braggs Liquid Aminos (or fermented soy sauce like Shoyu)
- 3 tbsp of Sesame Oil
- 3 tbsp of Sesame Seeds
- 4 cloves of garlic, minced
- 1 packet of Nu Naturals Stevia or 3 tbsp of honey
- Splash of rice wine vinegar
- 1 lb of beef sliced thin (any cut of steak)

Directions:

1. Mix all the above ingredients together and marinate the beef for at least 2 hours.
2. Grill to your preferred temperature for red meat.

Prepare the Pineapple Salsa

Ingredients:

- 1 pineapple chopped
- 1/3 cup cilantro chopped
- 4 green onions chopped
- ½ jalapeño seeded and chopped
- ½ lime juiced
- Dash of salt

Directions:

We like to grill our pineapple beforehand. You don't have to do this, but it adds a nice grilled flavor and sweetness to the pineapple. We cut the pineapple into round slices, grill until slightly browned and then chop.

Toss all the above ingredients in a bowl. The flavor gets better as the night goes on. It's also fantastic with tortilla chips. Be careful - it's addicting!

Wrapping it all up

Ingredients:

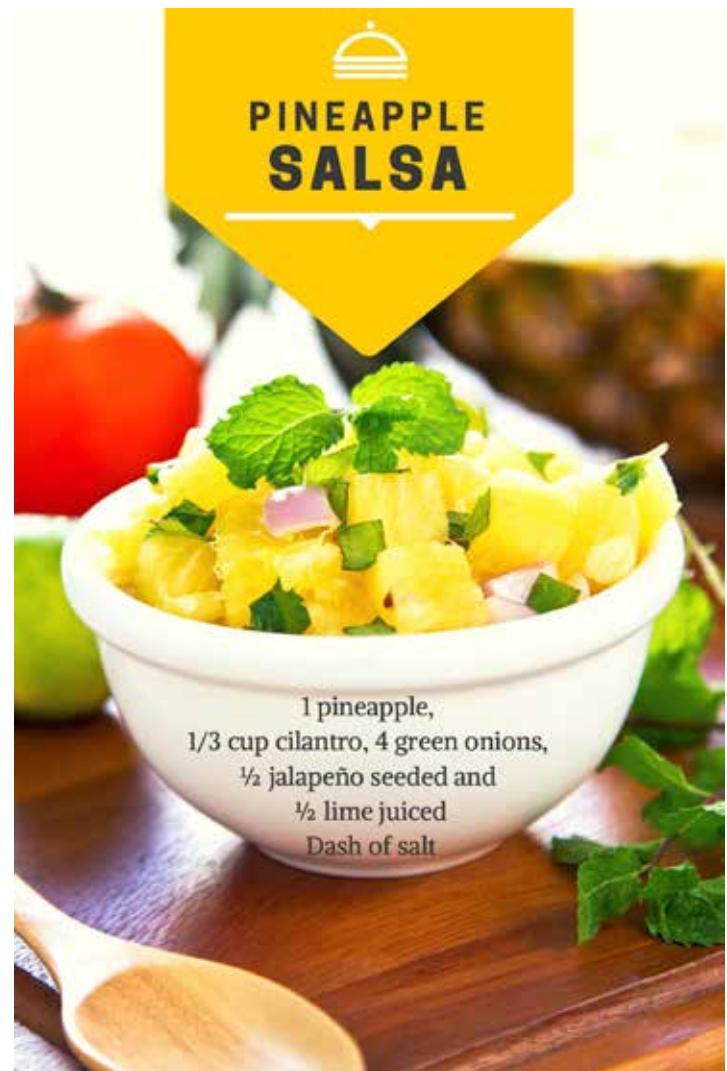
You need two more things to “wrap” this dish all together:

- Rice (optional, skip if you want to go low carb)
- Boston Bibb or Butter Lettuce

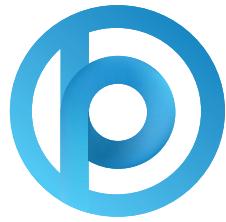
Directions:

I typically let everyone build his or her own wraps. Start with the lettuce, then add the rice, beef, and top with the pineapple salsa. Wrap it like a burrito and eat! My mouth is watering knowing I’m just a couple hours away from indulging in this myself!

You really can “eat” your way to tinnitus relief. Cooking from scratch and avoiding tinnitus triggers is the best way to do just that.



Amanda Box is a Traditional Naturopath and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 12 years and currently practices naturopathic consulting in the Kansas City, Missouri area. Her passion is helping others achieve wellness of the whole person – mind, body, and spirit. If you don't have a good local naturopathic practitioner to turn to for your personal needs, Amanda does phone consultations! She can help you with weight loss, detox/ cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more!



barton
PUBLISHING

You have made a smart and important decision to join with others from around the world, learning how to use natural and drug-free home remedies that work to help you feel healthy again.

For additional relief, visit www.bartonpublishing.com

ADHD / ADD	Fibromyalgia	Kidney Stones
Allergy & Asthma	Flu	Low Testosterone
Anti-Inflammation	Gallstones	Lyme Disease
Arthritis	Gout	Prostate Secrets
Back Pain	Graves Disease	Scabies
Bad Breath	Hair Loss	Sinus Infection
Cholesterol Secrets	Herpes	Sore Throat
Depression	High Blood Pressure	Ulcers
Diabetes	Hypothyroidism	Urinary Tract Infection
Erectile Dysfunction	Irritable Bowel Syndrome	Wholenes Frequency Music
Fat Loss	Joint Pain	Yeast Infection

OUR MISSION

We help people experience vibrant, amazing health through natural healing remedies.